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## MASS ELATION AS DEMOCRACY ACTIVIST AUNG SAN SUU KYI WINS SEAT IN HISTORIC VOTE

PAGE 6

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# City holds key votes

**One week in.** Politicians shouldn't take Edmonton for granted: Political scientist

 **HEATHER MCINTYRE**  
heather.mcintyre@metronews.ca

Political parties are hoping for Edmonton votes in a provincial election that could be decided by a slim margin.

While Calgary has the most ridings — 25 of the province's 87 — Edmonton has more seats "up in the air," University of Alberta political science department chair Andy Knight

said Sunday. Alberta's capital city has 19 ridings, including some without incumbents and a new one altogether. Of the 18 that existed before, 12 were Tory, four Liberal and two NDP.

"There is an ongoing sense in Edmonton that the politicians, especially at the provincial level, have to pay a lot more attention to Edmonton," said Knight, adding some citizens believe the focus has traditionally been on Calgary and rural areas.

"I don't think any politician can take Edmonton for granted any longer."

As the Tories and Wildrose battle it out in Calgary, Knight said the Wil-

drose isn't as strong in Edmonton, which could be good for a third party. Edmonton-Strathcona NDP incumbent Rachel Notley agrees.

"We have some very well-founded hopes that we can significantly increase the number of seats we have that are mostly ... in Edmonton," she said.

With many undecided voters, according to the polls, and "irrelevant and childish spats" between some party leaders, Notley said it could come down to Edmonton on April 23.

"There are going to be some real hard-fought battles," she said. "(Edmonton) could end up deciding a balance of power."

## Pass the bucket

You're not the only one who's sick of my Heart Will Go On

PAGE 14

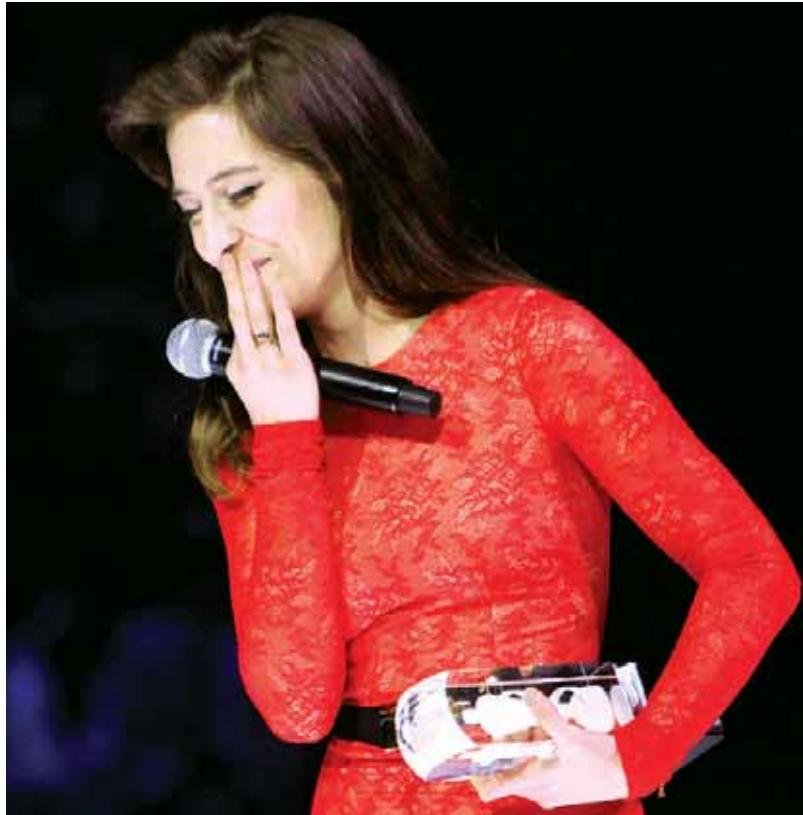
## What's in a baby name?

Quite a lot, especially if you're regretting that spell-check-challenging moniker you thought was cute PAGE 15

## Break out the greens

Spring calls for classic Greek salad with fresh ingredients

PAGE 16



## FEIST RAKES 'EM IN

MORE JUNO COVERAGE, PAGE 12

Feist accepts the Juno Award for artist of the year at the gala in Ottawa Sunday night. The singer-songwriter also won awards for adult alternative album of the year for her fourth disc, *Metals*, and music DVD of the year for her documentary *Look at What the Light Did Now*. FRED CHARTRAND/THE CANADIAN PRESS

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## NEWS

02

NEWS

metronews.ca  
Monday, April 2, 2012

On the web

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Mobile news



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**Power hour.** Global climate awareness event sees one of best local showings

 **SHELLEY WILLIAMSON**  
shelley.williamson@metronews.ca

Edmontonians are putting more energy into highlighting climate change. While perhaps dim compared to global efforts, this year's three per cent plunge in power use marks a

bright spot in the city's five-year Earth Hour history.

Results released by EPCOR show on Saturday from 8:30 to 9:30 p.m. citizens used 1082.44 megawatts of electricity, down from 1120.20 a week earlier.

"As prices go up for power our wallets are affected, but people are also starting to understand the effect on the environment," said city spokesperson Mary-Ann Thurber.

The city also zapped energy use by three per cent during Earth Hour in 2010. Last year electricity rose one per cent.

Thurber hopes the mes-

### Message

**"I think that we need to get the message out there that every hour needs to be earth hour."**

Mary-Ann Thurber  
City of Edmonton spokesperson

sage spreads. "We'd love to see more participation, but we'd also love to see people (reduce power) all the time," she said.

Edmonton joined 510 other Canadian cities and 150 nations in marking the event.



**City hall participated in Earth Hour.**  
CITY OF EDMONTON CITY HALL

### Critical injury

**Baby plunges out of window**

Calgary police are calling a baby's five-storey fall from an apartment window a "tragic accident." Police said the incident happened around 9:30 a.m. Sunday, leaving the child critically injured. METRO

### Impaired driving

**Woman charged in fatal crash**

RCMP have charged a Lacombe woman with six impaired-related charges following a crash that killed a 19-year-old man and injured a 17-year-old boy early Saturday. April Gail Beauclair, 29, will appear in Red Deer court. METRO



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## Thrilla on the Hilla goes to Liberals in three rounds

Conservative Senator Patrick Brazeau, left, and Liberal MP Justin Trudeau fight in a charity boxing match for cancer research Saturday in Ottawa. Trudeau stopped Brazeau in the third round. Former Liberal prime minister Pierre Trudeau, Justin's father, died of prostate cancer, while Brazeau's mother succumbed to lung cancer. FRED CHARTRAND/THE CANADIAN PRESS

### Health and safety

#### Feds looking to bury nuclear waste

The federal government is eyeing the site of the Chalk River nuclear reactor, 160 kilometres northwest of Ottawa, as a radioactive waste site.

Atomic Energy of Canada Ltd. says 267,000 cubic metres of low- and medium-grade nuclear waste is now stored above-ground in steel containers at the Chalk River site.

The amount of radioactive material is expected to grow to 360,000 cubic metres by 2100.

THE CANADIAN PRESS

### Coffee crazed

#### Drive-thrus cause traffic jams?

Canadians lining up in their cars for a Tim Hortons fix are causing traffic snarls and headaches in cities across the country.

The problem has become

so bad in Saskatoon that one city councillor has proposed a ban on all future drive-thrus. City transportation manager Angela Gardiner said it was brought up at a national transportation engineering conference last year. Traffic numbers for Tim Hortons greatly exceed the average for other fast-food outlets in Canada. THE CANADIAN PRESS

## Stranded cruise ship reaches Malaysian shore after on-board fire



Passengers from the stricken cruise ship Azamara Quest queue to check in at a hotel in Sandakan, Malaysia, Monday. MARK BAKER/THE ASSOCIATED PRESS

A luxury cruise ship stranded at sea for 24 hours because of a fire safely reached a Malaysian port where police and embassy officials stood by Sunday to help 1,000 people aboard, including 45 Canadians.

The Azamara Quest drifted off the southern Philippines after flames engulfed one of its engine rooms Friday, injuring five crew members. It restored propulsion the next night and

reached the harbour of Sandakan city in Malaysia's eastern state of Sabah on Borneo island late Sunday.

Two ambulances came out of the port shortly after the ship docked, followed more than two hours later around midnight by a fleet of buses taking passengers to hotels. Inside the buses, several people appeared tired, but many others smiled and one man waved to reporters waiting outside the port.

It was the latest in a series of accidents hitting luxury cruise liners since January, when the Costa Concordia capsized off the coast of Italy, killing 32 people.

The fire on the Azamara Quest had been extinguished immediately, but five crew members suffered smoke inhalation, including one who was seriously injured and needed

hospital care, the ship's operator has said.

The 11-deck vessel, which features a casino, spa and shopping boutiques, was carrying 590 passengers and 411 crew members. Over one-third, or 201, of the passengers were American, according to lists of passenger and crew nationalities provided by the ship captain to the Philippine Coast Guard. THE ASSOCIATED PRESS



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# Aung San Suu Kyi wins seat in Myanmar's parliament

**Election.** Supporters celebrate as iconic democracy campaigner wins political office

She struggled for a free Myanmar for a quarter-century, much of it spent locked away under house arrest. Now, the Nobel Peace Prize laureate whose non-violent campaign for democracy at home transformed her into a global icon is on the verge of ascending to public office for the first time.

Aung San Suu Kyi, 66, was elected to Parliament Sunday in a historic victory buffeted by the jubilant cheers of supporters who hope her triumph will mark a major turning point in a nation still

emerging from a ruthless era of military rule.

If confirmed, the election win will also mark an astonishing reversal of fortune for a woman who became one of the world's most prominent prisoners of conscience.

When she was finally released in late 2010, just after a vote her party boycotted that was deemed neither free nor fair, few could have imagined she would make the leap from democracy advocate to elected official in less than 17 months, opening the way for a potential presidential run in 2015.

The results must be confirmed by the government's electoral commission, however, which may not make an official declaration for days.

THE ASSOCIATED PRESS



Aung San Suu Kyi's supporters in Yangon, Myanmar erupt in euphoric cheers Sunday after learning she had won a parliamentary seat in a landmark election. ALTAF QADRI/THE ASSOCIATED PRESS

## 70 countries pledge cash for Syrian rebels

A coalition of more than 70 partners, including the United States, pledged Sunday to send millions of dollars and communications equipment to Syria's opposition groups, signalling deeper involvement in the conflict amid a growing belief that diplomacy and sanctions alone cannot end the Damascus regime's repression.

The shift by the U.S. and its Western and Arab allies toward seeking to sway the military balance in Syria carries

regional risks because the crisis there increasingly resembles a proxy conflict that could exacerbate sectarian tensions. The Syrian rebels are overmatched by heavily armed regime forces.

The summit meeting of the "Friends of the Syrian People" follows a year of failed diplomacy that seems close to running its course with a troubled peace plan led by UN-Arab League envoy Kofi Annan.

Indeed, U.S. Secretary of

State Hillary Rodham Clinton and other participants at the conference in Istanbul uniformly expressed concern that Annan's plan might backfire, speculating that Syrian President Bashar Assad would try to manipulate it to prolong his hold on power.

Clinton said she was waiting for Annan's report to the UN Security Council on Monday on the status of his peace plan.

"There cannot be process for the sake of process. There

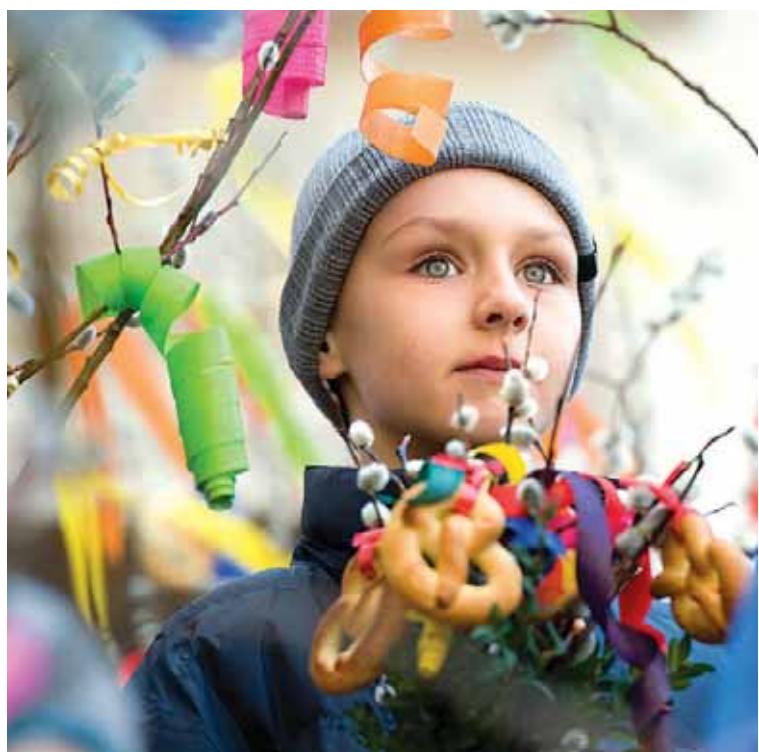
has to be a timeline. If Assad continues as he has, to fail to end the violence, to institute a ceasefire, to withdraw his troops from the areas he has been battering ... then it's unlikely he is going to ever agree," she said. "Because it is a clear signal that he wants to wait to see if he has totally suppressed the opposition. I think he would be mistaken to believe that. My reading is that the opposition is gaining in intensity, not losing."

THE ASSOCIATED PRESS



A Syrian boy flashes the V-victory sign during a demonstration in Idlib, Syria. THE ASSOCIATED PRESS

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## Palm Sunday procession in Austria

A boy carries traditionally decorated catkin twigs during a Palm Sunday procession in the Austrian province of Salzburg Sunday. Palm Sunday opens Holy Week which ends with Easter Sunday, the most important Christian holiday. KERSTIN JOENSSON/THE ASSOCIATED PRESS

## Watch what you say. In Britain, big brother wants to see your emails

The U.K. government is preparing proposals for a nationwide electronic surveillance network that could potentially keep track of every message sent by any Brit to anyone at any time.

An industry official briefed on the government's plans revealed the proposals on Sunday.

Plans for a massive government database of the country's phone and email

traffic were abandoned in 2008 following a public outcry. But James Blessing of the Internet Service Providers' Association said the government appears to be "re-introducing it on a slightly different format."

Blessing said the move was disclosed to his association by Britain's Home Office during a meeting in recent weeks.

Britain's Home Office de-

clined comment, saying an announcement would have to be made to Parliament first — possibly as soon as next month.

In a statement, the British Home Office said it's vital that police and intelligence services "are able to obtain communications data in certain circumstances to investigate serious crime and terrorism, and to protect the public." THE ASSOCIATED PRESS



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# High time to tax the rich fairly: Obama

**Buffett Rule.** Push for new taxation comes as millions of Americans prepare taxes for April filing deadline

U.S. President Barack Obama is calling on Congress to increase taxes on millionaires, reviving a proposal he first pitched last September that aims to draw sharp election-year lines between the president and the Republican opposition.

The plan, scheduled for a vote in the Democratic-controlled Senate on April 16, stands little chance of passing in Congress. But it is a prominent symbol of the efforts the president and congressional Democrats are making to portray themselves as champions of economic fairness. Republicans dismiss the idea as a political stunt with little real effect on the budget.

Obama calls the plan the

## Tax rates

"Warren Buffett is paying a lower rate than his secretary. Meanwhile, over the last 30 years, the tax rates for middle-class families have barely budged."

U.S. President Barack Obama, on ending tax cuts for the wealthy

"Buffett Rule" for Warren Buffett, the billionaire investor who has complained that rich people like him pay a smaller share of their income in federal taxes than middle-class taxpayers.

Many wealthy taxpayers earn investment income, which is taxed at 15 per cent. Obama has proposed that people earning at least \$1 million annually — whether in salary or investments — should pay at least 30 per cent of their income in taxes. **THE ASSOCIATED PRESS**

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## Outrage

### Protest against Irish property tax

The Irish government says one-million households have failed to pay property tax. About 5,000 protesters marched through Dublin Saturday. **THE ASSOCIATED PRESS**



### Revamped Burger King menu courts healthier eaters

A diner orders food at a Burger King restaurant in Miami. Burger King launches 10 menu items including smoothies, frappes, specialty salads and snack wraps Monday — its biggest menu expansion since the chain opened its doors in 1954. Burger King is the latest chain to revamp its menu as part of the fast-food industry's move away from its nearly single-minded courtship of young men. Once the lifeblood of the industry, the economic downturn hit those junk-food fanatics particularly hard. At the same time, Americans generally have been demanding healthier options.

LUIS M. ALVAREZ/THE ASSOCIATED PRESS

### Market survival. A leaner, specialized future for RIM

Smaller, more efficient, sharply focused: That's likely the RIM of the future.

Having grappled with the giants of the smartphone industry and received a battering — in financial and marketing terms — Research In Motion will likely emerge a specialized company that doesn't compete head-on in the consumer smartphone market with Apple or Android devices, analysts said Friday.

After releasing dismal quarterly results last Thursday, the BlackBerry maker announced plans to rebuild itself, while opening the door to the possibility it would consider a host of corporate options, including putting itself up for sale.

The RIM that emerges from that process will be leaner and likely more focused on the things it does best — like

catering to businesses that value bulletproof security and efficient enterprise software.

"Ultimately, what I think RIM ends up doing is becoming a smaller company," said Evercore Partners analyst Alkesh Shah.

"It will be more software-and services-focused," Shah said from New York.

New CEO Thorstein Heins told analysts late Thursday that RIM will shift more attention to its business users and will go after only "targeted" parts of the consumer market, possibly with partners.

"We plan to refocus on the enterprise business and capitalize on our leading position in this segment," Heins said after RIM delivered an unexpected loss in its most recent quarter.

**THE CANADIAN PRESS**

### Fuel-tanker strike? U.K. quells mad rush to pumps

Britain's government has moved to stop panic buying at gas pumps, telling motorists there is no need to fill up their tanks as previously stated. The new advice caps several days of confusion, which even supporters of the ruling Conservative Party say has dented its leadership credentials.

Things went wrong shortly after Britain's Unite union threatened to pull off a fuel-tanker strike that could leave thousands of service stations drained of gasoline. Such strikes can have serious political consequences in Britain, where gasoline prices are already among the highest in Europe.

The Conservatives took the initiative, warning motorists to stock up on fuel in preparation for possible shortages. Cabinet Office Minister Francis Maude went so far as to suggest that drivers fill their jerry cans — metal containers that can hold 20 litres of gasoline.

Soon, lines began forming outside gas stations. Pumps ran dry. Jerry cans flew off the shelves. All this despite the likelihood that the proposed strike was at least two weeks away.

Some opponents accused the government of sparking panic to distract from what had been a week of nasty news about the economy, Tory party donors and an embarrassing controversy over officials' decision to raise taxes on pastries, snacks enjoyed by millions. Others said that the Conservatives were picking a fight with Unite, which enjoys close ties to the opposition Labour Party. **THE ASSOCIATED PRESS**



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# MAKE COUNCIL DECISIONS WHIMSICALLY



URBAN COMPASS

Terence Harding

edmonton@metronews.ca

If someone were to ask me what is it that Edmonton needs more of to become the city it wants to be, I would answer with a single word: whimsy.

Why whimsy? Because Edmonton seems to be stuck in a utilitarian mindset that says if something cannot be shown to have some material return, it is not worth doing. It would seem that, for many Edmontonians, it is a cardinal sin to use tax money for something, the only purpose of which is to provide pleasure to the masses.

I suspect that if we could have the Mona Lisa here, many people would say "Why? What's it good for?"

When there is a discussion of the new museum, all too many of us maintain it is a waste of taxpayers' money. The same comment was applied to our new art gallery when it was under discussion. When our mayor opines that creating a beach in Hawrelak Park might just give pleasure to a lot of people who cannot get out of the city, his idea is met with derision. When I write a column about spending the money needed to keep our Great Divide waterfall in operation, I am denounced as a complete loon. Unfortunately, I think Thomas Gradgrind would find Edmonton much to his liking. Gradgrind is a character in Charles Dickens' Hard Times. He is a proponent of utilitarianism. There is no place in Gradgrind's life for fantasy, imagination or whimsy. He is a man realities, of facts and

calculations. There is no place in his world for a carpet decorated with flowers. Flowers on a carpet are a clear misrepresentation of reality. Flowers don't grow on carpets, so why on Earth would anyone create a carpet with floral decoration? I am sure he would have the same kind of response to an artificial beach in a city park or a purpose-built waterfall on the side of a bridge.

We lose a lot by living in a city. We do not have the wide-open spaces of the countryside. We deal with more noise and crowding than someone who lives in a small town. Because of those things, I believe a city is obligated to balance off what we lose by providing us with diversions that are good for the soul.

We lose a lot by living in a city. We do not have the wide-open spaces of the countryside. We deal with more noise and crowding than someone who lives in a small town. Because of those things, I believe a city is obligated to balance off what we lose by providing us with diversions that are good for the soul.

The key to doing is having a clear sense of whimsy and the benefits it can provide.

## April Fool's. WestJet introduces 'Kargo Kids'

WestJet took part in April Fool's Day celebrations Sunday by posting a gag video entitled WestJet Introduces Child-free Cabins.

Touting its so-called Kargo Kids program, the video outlines how the Calgary-based airline will allow parents to travel kid-free by putting the youngsters in cargo with luggage.

In a friendly, straightforward tone, Richard Bartrem, vice-president of communications at WestJet, says the benefits of the program include a "state of the art feeding trough" and lots of room for them to "run, play, scream and eat all they want."

The comments are just as funny and noteworthy as the video itself. Many people said they actually like the idea.

DELLA MACPHERSON/FOR METRO

### On the web



If you can check your bags, you can check your kids. Watch the video.

# Global awareness looks bright



MARKUS SCHREIBER/THE ASSOCIATED PRESS

### Earth Hour

#### 150 countries dim the lights

Volunteers of the World Wide Fund for Nature set their own candles amongst about 5,000 others to picture the globe prior to Earth Hour in front of the Brandenburg Gate in Berlin on Saturday. Earth Hour takes place each year and is a global call to turn off lights for 60 minutes in a bid to highlight global climate change.

THE ASSOCIATED PRESS

### Quoted

"We didn't really know how it would go when it first started, but each year we have more and more countries and cities and communities join on."

Zoe Caron, a spokeswoman for the World Wildlife Fund's Canadian operations

### A song for action

- The new Earth Hour Anthem, When the Lights Go Down, was sung by crowds in Toronto to celebrate Earth Hour.
- The WWF calls it Canada's first ever crowd-sourced song. It was created from lyrics submitted and voted on by Canadians across the country.

### National effort

## 511

The World Wildlife Fund Canada said 511 Canadian cities and towns participated in this year's event — the most ever.

# U of A student puts compassion in action by living homeless for a week

### News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

University of Alberta student Kristiann McCool truly knows what it's like to walk

in someone else's shoes for a week.

Or, rather, live someone else's life. Along with seven other students, McCool recently spent a week living outside and experiencing life as a homeless person, to raise awareness and funds for Youth Emergency Shelter Society. "It personally touched me as I knew we were affecting the lives of youth that could have

been myself, my friends or family," says McCool about her experience.

This is the seventh year of University of Alberta students running the 5 Days for the Homeless campaign. The campaign was started in 2005 by business students at the University of Alberta and has now spread to campuses across Canada.

So far, students have collectively raised over

\$750,000 for charity. To donate to the 5 Days for the Homeless campaign, visit www.5days.ca.

CRAIG AND MARC KIELBURGER

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**



## Morning shows heat up this week



THE WORD

Dorothy Robinson  
scene@metronews.ca

The Today Show is responding to the missile that ABC hurled last week — the announcement that anchorwoman Katie Couric is guest hosting Good Morning America — with a nuclear warhead of their own: The NBC morning show announced over the weekend that Tuesday's

guest host will be none other than Sarah Palin (yes, that Sarah Palin). We thought it was an April Fools' joke, too.

To make things even more interesting, Oprah is stopping by CBS Morning News on Monday to see her BFF, host Gayle King.

According to a CBS press release, Oprah's coming to "discuss everything from the latest developments at OWN, her Leadership Academy, and life after her daytime talk show."

Katie Couric, Sarah Palin, Oprah: It's as though this week's morning news ratings war was created just to give the rival networks' late-night talk show hosts something to joke about.

While many still consider Celine Dion's *Titanic* tune, *My Heart Will Go On*, a classic, Kate Winslet is literally sick of it.

"I feel like throwing up when I hear it. No, I shouldn't say that. No, actually, I do feel like throwing up," Winslet, who starred alongside Leonardo DiCaprio in *Titanic*, tells MTV News. "I wish I could say, 'Oh listen, everybody! It's the Celine Dion song!' But I don't. I just have to sit there, you know, kind of straight-faced with a massive internal eye roll."

## Gaga's tame birthday night



Lady Gaga

Lady Gaga had a not-so-wild celebration for her 26th birthday, treating her friends to some time at the gym before grabbing dinner with her parents, according to Us Weekly.

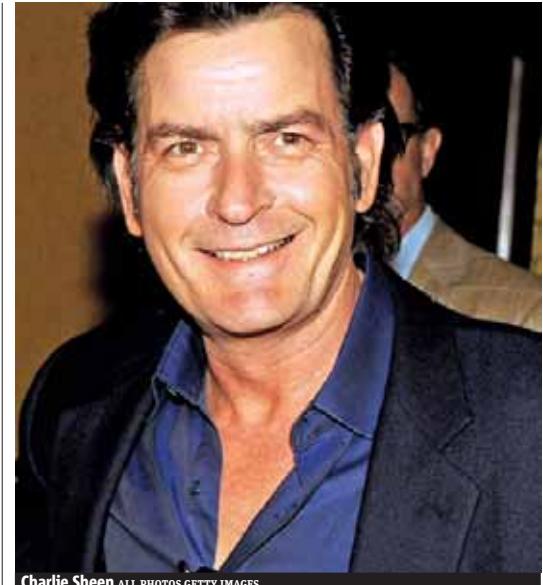
"Her friends filled the studio, and they had a blast," a source says of Gaga's visit to SoulCycle, an L.A. spin class

studio.

"She requested (Bruce Springsteen's) *Thunder Road* because it's one of her favourite songs. And as for the location of the celebratory dinner: home.

"It was just a small thing with her family," says the source.

"Her mother cooked."



Charlie Sheen ALL PHOTOS GETTY IMAGES

## Charlie Sheen: Oh, what a year

It's hard to believe, but it's been a full year since Charlie Sheen's very public meltdown and the words "tiger blood" were launched into the public lexicon. Now Sheen is embarking on something of an apology tour.

"I didn't recognize parts of who that guy was. I just wish it was somebody else's body. You say it's been a year — it's either been a day, or a hundred years," Sheen told Matt Lauer during an interview on the

Today show last week.

"I guess the plan was to reintroduce myself to America and to the media and say, 'Sorry about that, but here's what's happening now.'"

Clearly, that didn't go as planned. Now Sheen is busy promoting a new TV show, FX's *Anger Management*.

"I couldn't have the Two and a Half Men thing be my television legacy," Sheen says.

"I couldn't have that end on that note."

## Lohan celebrates freedom via partying

Despite advice from a judge that she should probably stop partying, Lindsay Lohan celebrated the end of her formal probation by throwing a little get-together at the Chateau Marmont, according to Radar Online.

"Lindsay's guests ate paella and watched Elizabeth Taylor's *Who's Afraid Of Virginia Woolf?* Lindsay

was in an extremely good mood and grateful to be off of formal probation," a source says. "The party went until around 2 a.m. Alcohol was being served in moderation, but Lindsay wasn't seen drinking. It's just rather strange that Lindsay chose to have the party at the hotel, especially after what the judge said to her in court."

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# Let the greens season begin with a tangy Greek Salad



This recipe serves four to six. THE CANADIAN PRESS

There is no doubt that the best Greek Salad is made with seasonal, local vegetables, but this classic Mediterranean starter also brightens up appetites ready for spring weather.

It's best, of course, teamed with a fine Greek extra virgin olive oil, good firm kalamata olives and tangy imported

Greek feta.

1. Slice cucumber in half lengthwise and scoop out seeds. Cut cucumber into bite-size pieces.
  2. In a large bowl, combine cucumber, green pepper, tomatoes, red onion and olives.
  3. Add a splash of vinegar if salad needs a touch of acidity; it all depends on the flavour of the tomatoes.
  4. Fold in chunks of feta. Serve
- Sprinkle with olive oil, oregano and salt and pepper to taste.

Greek feta.

1. Slice cucumber in half lengthwise and scoop out seeds. Cut cucumber into bite-size pieces.

2. In a large bowl, combine cucumber, green pepper, tomatoes, red onion and olives.

3. Add a splash of vinegar if salad needs a touch of acidity; it all depends on the flavour of the tomatoes.

4. Fold in chunks of feta. Serve

## Ingredients

- Half an English cucumber
- 1 green bell pepper, cut into chunky bite-sized pieces
- 2 ripe tomatoes, cut into chunky bite-sized pieces
- Half a small red onion, thinly sliced and separated into rings
- 125 ml (1/2 cup) pitted and sliced kalamata olives
- 45 ml (3 tbsp) extra virgin Greek olive oil
- 10 ml (2 tsp) dried oregano leaves, crumbled
- Kosher or sea salt
- Freshly ground black pepper
- 15 ml (1 tbsp) red wine vinegar (approx)
- 125 g (4 oz) feta cheese, broken into small chunks
- Fresh crisp greens (optional)

## Healthy eating

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Many Chinese restaurants are known for their plentiful dishes that won't break the bank. But be careful what you reach for.

### Pork Chop Suey with Noodles

**1,341 calories, 81 g fat**

In many Chinese restaurants, the quality of pork used in this dish is of a lesser quality, usually with excess fat.



### Equivalent

One serving of Pork Chop Suey with Noodles is your total daily calories and fat. It is equal in calories to 10 loaded chicken wraps from Popeyes.

### Chicken Chop Suey with Noodles

**819 calories, 40 gm fat**

Chances are boneless, skinless chicken breast is used in this dish, resulting in close to half the calories and fat.



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# Use mint for more than just your breath

In North America, mint has struggled to land on the dinner table. We tend to associate it with sweets and breath mints.

But elsewhere in the world, especially North Africa, the Middle East and Asia, mint is used to lend a crisp, almost peppery contrast to savoury dishes, especially fatty ones (think lamb with mint sauce).

You'll find fresh mint sold with other herbs in the produce section, often in large bunches that you'll never manage to entirely use. No worries; it's cheap.

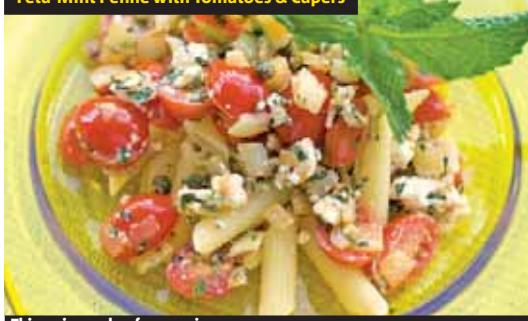
When you get the mint home, give it a good wash in cold water, then snip off the bottoms of the stems. You can prolong its life — sometimes by weeks — if you stand the stems upright in a glass of water and refrigerate it.

Mint is as aromatic as it is flavourful (handy since we tend to taste with our noses as much as our tongues). But that also means you'll want to go easy with it to avoid overpowering other flavours in your dish.

Mint loves vegetables, cooked and raw (it's key to the flavour of fresh Vietnamese spring rolls, for example).

It also goes well with roasted poultry and pork, and helps cut through assertive cheeses

## Feta-Mint Penne with Tomatoes & Capers



This recipe makes four servings. MATTHEW MEAD/ THE ASSOCIATED PRESS

such as feta.

**1.** In large pot of boiling salted water, cook pasta 8 minutes or until tender but firm. Drain and return to the pot; set aside.

**2.** In skillet over medium-high, heat olive oil and cook onion and garlic for 4 minutes.

**3.** Add tomatoes and cook for 2 minutes or until just softened. Add capers and cook everything for 1 minute. Remove skillet from heat and stir in the feta, mint, salt and pepper.

**4.** To serve, spoon sauce over pasta and toss gently to coat.

THE ASSOCIATED PRESS/ ADAPTED BY

## Ingredients

- 500 g (1 lb) penne pasta
- 15 ml (1 tbsp) olive oil
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 500 ml (2 cups) cherry or grape tomatoes, halved
- 15 ml (1 tbsp) capers, drained
- 125 ml (1/2 cup) crumbled feta
- 30 ml (2 tbsp) finely chopped fresh mint
- Pinch each salt and ground black pepper

Queen of Green

## Avoid these home hazards



QUEEN OF GREEN

Lindsay Coulter  
green@metronews.ca

**What qualifies as household hazardous waste? I have old Comet and Pledge bottles collecting dust.**  
Kylie of Halifax

Many common household cleaners sold in Canada contain hazardous chemicals.

Examples of household cleaners considered to be household hazardous waste (HHW) are abrasive cleaners, aerosol air fresheners, all-purpose cleaners, ammonia, bleach, disinfectants, drain cleaners, fabric softeners, glass cleaners, laundry stain removers, mildew removers, oven cleaners, toilet cleaners, and tub and tile

cleaners.

These materials or products can cause illness or death to people, plants and animals. Correct disposal is important to prevent the spread of chemicals in our soil, air and water.

Never pour or flush HHW substances down the drain where they will enter the sewage system. Chemicals can corrode plumbing and cause failure in septic systems before they make

their way to our waterways and oceans. I realize that's ironic, because most of them are used to clean the toilet and end up down the drain!

Each Canadian province has instituted a household hazardous waste collection program to make it easy for Canadians to dispose of these toxic items with minimal environmental impact.

In Nova Scotia, HHW disposal options by are div-

ided by seven different solid waste-resource management regions. Check out ReduceYourWaste.ca or the government website gov.ns.ca/nse/waste.

Next shopping trip down the cleaning products aisle, avoid cleaners with hazard symbols.

Opt instead for products from companies that voluntarily disclose ingredients on the label.

In fact, we're asking

Canadians to open up their cleaning cupboard to investigate whether their home cleaning products contain toxic ingredients.

Please take 10 minutes to fill out our survey this spring at davidsuzuki.org/whatsinside (and enter for a chance to win fabulous prizes).

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If you burn through shoes like you're burning rubber, you might consider getting an eco-friendly pair. HANDOUT

# The green way to get your run on

**A simple change can speaks volumes.** More and more companies creating eco-friendly running shoes

BEN KNIGHT  
life@metronews.ca

Athletic shoes take a terrible pounding, from heat, cold, rain, snow — millions of hard, sharp impacts from the simple human acts of walking and running.

They need to be light, strong and incredibly durable. Is there any room for them to be eco-friendly, as well? Yes, says Jenine LaFayette, marketing manager for Brooks Canada. She's talking about a cutting-edge sneaker called Green Silence, which the company introduced in 2009.

"This shoe has a lot fewer parts. There's less material, so it can biodegrade faster," she explains.

"The rubbers that are used are recycled. We also use bio-green adhesives and dyes. Our laces and reinforced webbing are all post-consumer recycled. We've looked at all

By the numbers

# \$1.6B

Total sales of athletic shoes in Canada in 2010, according to Statistics Canada — up from \$1.1 billion in 2004.

the pieces of the shoe puzzle, and how we can make a difference in pulling the construction together."

The key breakthrough is a material called BioMoGo. It's a funny name, but there's a serious purpose.

"BioMoGo midsoles biodegrade 50 times faster than the traditional midsole," La-

Fayette says.

"It's a shoe that's built to last. It has to be exposed to the right materials and conditions for it to biodegrade."

LaFayette laughs at the suggestion that some runners' lockers might actually simulate conditions within a landfill.

"BioMoGo material has got a compound that makes it delicious to the bugs within the landfill environment. So unless you've got those types of enzymes at the bottom of your locker — which hopefully you don't — it won't react the same way."

Brooks is far from being the only major shoe manufac-

turer doing this. The Adidas line of Samba shoes features significant green components. Nike has even rebuilt and repositioned its popular Air Jordans to be environmentally friendly.

And the stakes are huge. Statistics Canada reports Canadians spent a staggering \$1.6 billion on athletic footwear in

2010.

"Consumer response has been great," she notes. "A lot of consumers are really looking for that green solution when it comes to footwear. As far as consumer performance, we just had someone win the 5K Around the Bay race in Hamilton, Ont., wearing Green Silence."

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Selin Jessa, 16, is a part of a group called TedTalks and will soon be giving a talk about a trip that she took to Antarctica earlier this year. JONATHAN HAYWARD/THE CANADIAN PRESS

# Generation inspiration: Knowledge acknowledged at youth conference

**Share the wisdom.**  
Kids aim to learn from one another at TEDxKids event in Vancouver

Tales of early expeditions to Antarctica had a ship's audience completely engrossed before a call over the PA system compelled the lecturing explorers to suddenly stop.

The group pulled on jackets in a hurry, threw open doors and stepped from story world into reality, where pods of 30 killer whales surrounded their southbound boat.

Selin Jessa found her sea legs on the grand vessel's deck, and watched the big, beautiful creatures breach in and out of the ocean.

"In our world and in this life over here (in North America), we get caught up in the day-to-day and forget to be open to those sorts of experiences, and we miss them," Jessa said in recollection. As the moment sank in, she grew acutely aware of the significance of caring for the earth.

"Sometimes it feels very hopeless when you want to try to make a difference," she said.

"But when you realize everything is interconnected ... it becomes easier to do your part."

Though spoken like a sage woman checking off her bucket-list, the 16-year-old from Coquitlam, B.C. believes her journey has only just set sail.

The Grade 11 student will share her insights during a 12-minute talk with 200 high school students and a global online audience at an upcoming Vancouver forum, which will bring several other engaging youth speakers to the stage.

The April 5 event, called TEDxKids@BC, is an authorized spin-off of the popular idea-sharing TED conferences that are held around the world, but independently organized. Its founder describes it as the biggest of its kind in Canada.

Goran Kimovski's goal is to transform young people into active participants in their own education. He hopes they'll be galvanized to change the world.

"The current education system doesn't really cater to the natural instincts that kids (have) for learning," said the father of two daughters, ages eight and three, who tailor-made the event to fill the void.

The B.C. parent is striving to be a mentor to his kids instead of solely an authority figure, and that prompted him to connect with other educators who theorize that children are filled with drive and learn best by doing.

"It's not so much about pro-

## Background

### TEDucation

The event's theme is moving inspiration into action, and will coincide with a TEDx event hosted by the Bill and Melinda Gates Foundation that will be

held the same day in Berlin.

The Kids@BC forum had its premiere last October, and its youngest speaker was a 10-year-old girl who instructed her audience on how to transform any observation into a creative writing story.

ducing a conference in the traditional sense, it's about creating an experience," he said.

Youth volunteers are paired with adults who help them run the event at all levels, from selecting speakers to co-ordinat-

ing logistics to managing the website. A Grade 11 student will act as MC, while others will film the presentations and post them on tedxkidbsc.com in the following weeks.

THE CANADIAN PRESS

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NORTHLANDS

# There ain't no mountain high enough to keep them from gliding toward glory



World Cup ski champion Thomas Grandi and Olympic silver medal winning cross country skier Sara Renner are raising their young family in Canmore, Alta. PROVIDED

**Passion at its peak.**  
Two high-performance athletes provide hospitality in the hills



THE IN-CREDIBILITY FACTOR  
Teresa Kruse  
[life.metrone.ca](http://life.metrone.ca)

## Lesson learned

**"Patience. When you go out of the start gate anything is possible and you could go from last to first."**

Thomas Grandi on what he has learned as a business owner.

thing he had to learn.

"Patience. When you go out of the start gate anything is possible and you could go from last to first. In business even though you have a happy customer they may not come back until next year."

But Grandi and Renner are still winning and business has doubled since last year.

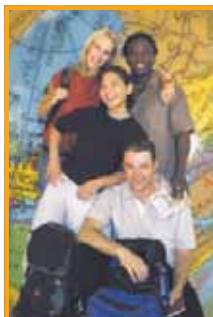
"I'm hoping people will stay with us and take a walk along the river path," Sara says. "They will find their soul is quieted and they can be rejuvenated before going back to their busy lives."

That's top-of-the-podium advice from two high performance athletes turned business people.

## Success

### How to move mountains

- Setbacks are your best opportunity for future improvement.
- Get the most from your team and offer incentives that benefit everyone — like profit sharing.
- Have perspective in your working life and prioritize the things that mean a lot to you.
- Your business will have more chance of success if you are happy.
- If you are stumped, go for a run, walk, ski or do some yoga. Get the blood circulating to your brain and great thoughts will follow.
- The first person you have to convince that you can be a champion is yourself.



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# Heaps of homework not so helpful: Study

## Learning lethargy.

Research finds being bogged down by the books not beneficial

CASSANDRA GARRISON

Metro World News in New York

All that time you spent doing tedious homework assignments back in your school days was all for naught.

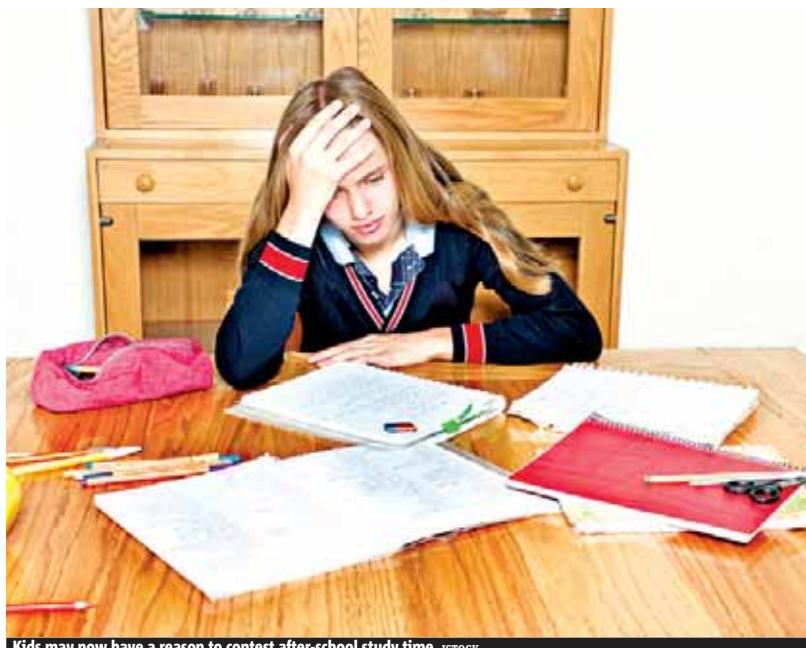
Turns out, if a recent study is to be believed, it probably didn't help you get any smarter.

It might have even set you

back.

Researchers at Sydney University in Australia found that too much homework can often have the opposite effect on students than intended.

Instead of enhancing their intellect, they become bored and unhappy, leading



Kids may now have a reason to contest after-school study time. iSTOCK

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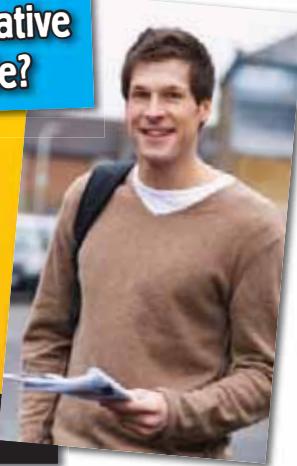
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## High school switch

### Get back to work

- An exception to the study was high school students in grades 11 or 12, who proved to benefit from more than a few hours of homework each week.

# ANIMAL KINGDOM

## DOGS AND CATS CAN BRING MORE TO YOUR LIFE THAN YOU MAY THINK

Can having a pet improve your health?

Absolutely, says Dr. Jim Berry, Vice-President, Canadian Veterinary Medical Association and a veterinarian at Douglas Animal Hospital, Fredericton.

### MORE EXERCISE

If you have a dog, you pretty much have to get them out there and walk. "Of course, that gets people moving themselves," says Berry. That's good for everyone, and for seniors particularly, it supports continued mobility.

### A RICH SOCIAL LIFE

Having a dog is a great way of getting out into the community and making friends... because when you have a dog, people

stop to chat. "Having a dog creates an instant social atmosphere."

### FEEL GOOD

"Numerous studies have associated pets with stress reduction and even remission of psychiatric illnesses, particularly depression and anxiety disorders," says Dr. Irvin Wolkoff, a Toronto psychiatrist. "The key factor is the kind of uncritical affectionate closeness of pets towards their owners." Unlike relations with people, interactions with pets are uncomplicated, reliable and pleasing, says Wolkoff. "We respond with a reduction in stress. That helps us feel better, and it

reduces our circulating levels of adrenalin and cortisol, the classic stress hormones." He says this change is associated with a reduced risk of coronary disease as well as a number of other conditions.

### COMPANIONSHIP

A pet provides something to communicate with, and in this way, can stave off loneliness, says Wolkoff. "Plus, animals aren't needy and they don't care if you've had a bad day — they still respond to you."

### FAMILY TIES

More than 50 per cent of pet owners consider their pets their kids... and it's not just what they call them but what they consider them, says Berry. "They really are part of the family and the expectation goes that they'll be treated as a family member. I think this attitude has elevated the humane treatment of animals in society."

At the end of the day, "all this only works if you like animals," says Wolkoff. "If you don't, pets will increase your stress."



## WANT TO GET A PET?

The Canadian Veterinary Medical Association reminds everyone that it's important to choose a pet that is appropriate for your lifestyle, life situation and pocketbook (all pets are an ongoing expense). Here's a quick guide.

**PUPPY OR KITTEN** Requires training and constant attention.

**DOG** Most need a walk twice a day.

**CAT** More independent and much less demanding than a dog.

**BIRD** Requires daily commitment.

**FISH** Easy care, but needs regular cleaning and specific care.

**EXOTIC** (rabbit, guinea pig, snake): Specific care requirements are important.

### MOST POPULAR DOG BREEDS

Labs, Golden Retrievers, Yorkies and German Shepherds.

### MOST POPULAR CAT BREEDS

Persian and Siamese.

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"The health of a bird is addressed with proper nutrition," says Paul Baker, owner of Baker's Aviaries and board certified aviary nutritionist.

Baker's Aviaries are specialists in bird nutrition and can help you figure out what is the best feed for your bird, or wild birds.

Baker says proper nutrition for certain species can also be determined on what time of year it is.

With more than 40 years of expertise behind him, Baker offers customers the best in wild and domestic



bird products and care.

Ensuring the proper care and health for your bird is a priority for Baker and his team.

"I always give the bird a mini-examination," says Baker.

Baker's Aviaries also offers a number of services for your bird, including grooming and nail and wing clipping.

"If they don't feel secure on your arm, they will dig in," says Baker.

If you are looking for bird accessories, such as cages, toys, water tubes and bottles, and nest boxes, they can be found at Baker's Aviaries.

Custom seed mixtures are also available and can be mixed in store to provide your bird the best nutritional value possible.

Baker's Aviaries carries a wide selection of cage birds as well.

FOR MORE INFORMATION about Baker's Aviaries, visit them at 9784 51 Ave. or call 780.466.8277



## SHARING YOUR HOME WITH A CAT MAKES LIFE PURR-FECT!

And, of course, you want to help your feline friend stay healthy and happy. Here's how.

### VISIT THE VET

Regular visits to the vet are a must for checkups and cat care. Discuss annual shots and protection from fleas and other parasites as well as dental health. Your vet can make dietary recommendations too.

### FEED HER PREMIUM CAT FOOD

Cats need a healthy diet, and it's important that their nutritional needs are met with food that is especially designed for cats. At the same time, kittens

and cats have different requirements depending on their age and health status. Be sure fresh water is always available.

### PROTECT YOUR CAT

Many owners make the decision to keep their cats indoors, and they provide an enclosed area outside where their cat can roam safely, enjoy the sun, and watch the birds. It's also important to cat-proof your home and to make the cat litter box easily accessible.

### KEEP HER BUSY

Your cat needs to be active some of the time. Remember, cats can sleep for 18 hours out of 24 – and that makes them susceptible to weight gain as time goes by. Keep your cat entertained with toys that bring out his hunting and stalking instincts. Playtime with you is good bonding time too.

### BE OBSERVANT

As all cat owners know, these feline creatures can be pretty independent. So it's important to be aware of any changes in appearance, eating habits, personal care habits and disposition. This is especially important as your cat gets older (about eight) when age-related illnesses often develop.

### LOVE YOUR CAT

There's nothing like a little R&R with your cat purring in your lap!

## SERVING UP A HEALTHY & DELICIOUS DIET



Ask your veterinarian about the IAMS range of premium canned and dry food for all the different stages of a cat's life – from the time they are kittens, through their adult and senior years, and for special dietary needs too. IAMS foods provide natural ingredients:

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Iams Senior Plus for cats 11 and older. With 2x the antioxidants,\* it helps restore the immune response to that of an adult cat. And it helps fight signs of aging.

# TIPS TO PREVENT YOUR PET'S MESS

## DO YOU LOVE YOUR PET, BUT HATE THE MESS?

For dog owners especially, cleaning up after their furry friends is a daily battle.

Dogs are more than happy to track mud and grass from the backyard to your floor or leave fur and dander to collect on your

carpet and furniture. What's a loving pet owner to do? Dogs will be dogs, but there are ways to prevent some messes and clean up others more easily. Take a look at a few helpful tips for you and your pet:

- Place rubber or plastic mats in areas that messes are likely to occur, such as under food and water dishes.
- Keep a "pet cleaning kit" with paper towels, hand-held vacuum, old bath towels and cleaning solutions in a bucket where you can get to them quickly. The

faster you get on a pet mess, the easier it is to clean, and the less likely it will be to leave a permanent stain.

- Pet hair and dander can trigger allergies for some people and are difficult to remove from carpet. A regular grooming schedule can help eliminate shedding hairs before they end up in the home. It also keeps pets clean, happy and comfortable.
- Installing a faucet in a mudroom or garage allows homeowners to clean

off their pets before bringing them into the house. Take a look at a few ideas at [deltafaucet.ca](http://deltafaucet.ca). Try using a pull-down kitchen faucet with a laundry tub to make bathing smaller pets — as well as the clean-up afterwards — a breeze.

- While training pets to keep off of furniture may be difficult, consistency is key. If pets are part of the family, they also have to learn to live comfortably with everyone else.

— News Canada



## FIVE TIPS FOR A TRULY PET-FRIENDLY HOTEL STAY



Let's face it, the last thing you want to do when heading out on the road is leave the furry family members behind. With 150 locations in Canada, Comfort Inn hotels say they are no strangers to guests travelling with pets and offer the following tips to make your next stay at a pet-friendly hotel, truly pet-friendly:

**1. CALL AHEAD** to double check pet-policies and ask if a kennel is required to avoid any unpleasant surprises upon arrival.

**2. PACK YOUR PET'S BED** along with their favourite blanket or toy to help them feel at home in the unfamiliar space.

**3. ASK ABOUT A PET NOTIFICATION DOOR HANGER** at the front desk, or bring your own to be sure hotel staff and other guests are aware a four-legged guest is staying in your room.

**4. KNOW YOUR PET'S WEIGHT** Some hotels have weight restrictions and you may be asked to provide this information at check-in.

**5. IF YOU HAVE TO LEAVE YOUR PET ALONE** in your room, turn on the radio or TV before leaving; the background noise and voices will be soothing.

If your pet suffers from separation anxiety, don't leave them alone. Noise complaints and damage fees could ruin an otherwise perfect vacation.

— News Canada



# HEALTHY DOG

**YOU LOVE YOUR  
DOG AND ONLY  
WANT THE  
BEST FOR HIM**

Here's how to keep him happy and healthy.

## VISIT THE VET

High-quality veterinary care is the key to your dog's overall health. Talk to your vet about recommended vaccines, protection from fleas and other parasites and any dietary concerns you have.

## ONLY THE BEST FOOD

A healthy diet provides the nutrients and energy that your dog needs at every stage of life beginning with the

high energy puppy months through to the less active senior years. What you feed your dog affects appearance (a dog's coat should always be shiny and free of flakes; and he should be a healthy weight) and disposition (he should have good energy and be content). Be sure fresh water is always available.

## KEEP HIM ACTIVE

Just like people, dogs need regular exercise – in general, at least one to two hours every day. An under-exercised dog may start exhibiting unwanted behaviour such as chewing on furniture and carpets and separation anxiety.

## TAKE CARE OF HIS TEETH

For healthy teeth, gums and breath, you can brush your dog's teeth, use oral rinses and feed them tartar-fighting dental treats. Your vet may recommend professional cleaning periodically too.

## KEEP HIM GROOMED

Grooming needs are based on your dog's breed but in general an average short-haired dog should have a monthly nail trim, bath and brushing. Long-haired dogs should be brushed out daily.

## LOVE

Dogs are like people really – they need food, water and love.

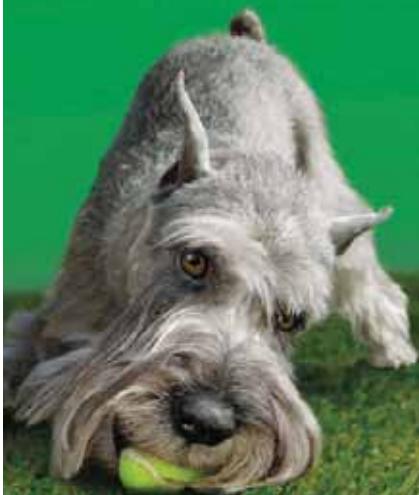
## SERVING UP A HEALTHY & DELICIOUS DIET



IAMS produces several types of canned and dry dog food for all life stages of a pet's life – from puppyhood to their senior years (for example, as a dog gets older, he may need food that is easier to chew). For good health, IAMS uses natural ingredients including:

- High-quality protein from chicken or lamb for strong muscles
- Tailored Fiber blend including prebiotics and beet pulp for healthy digestion.
- Omega-fatty acids for healthy skin and coat.
- Enriched with antioxidants to help maintain a strong immune system.

## Keep dogs playing strong with new Iams® Senior Plus.



Iams Senior Plus for dogs 11 and older. With 2x the antioxidants,\* it helps restore the immune response to that of a healthy adult dog and helps fight signs of aging.

\*vs Iams Original or Iams Adult.

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Golf

Hunter on target at Houston Open



Hunter Mahan on Sunday  
MATT SULLIVAN/GETTY IMAGES

Hunter Mahan shot a 1-under 71 on Sunday to win the Houston Open, edging Carl Pettersson by one stroke.

Mahan, who won the Match Play Championship in February, is the first two-time champion on the PGA Tour this year. The victory moved Mahan up to No. 4 in the world rankings, the first time he's ever been the highest-ranked American.

"That's a pretty surreal thing to think about," Mahan said. "It shows me what I can do, shows me what I'm capable of."

THE ASSOCIATED PRESS

NASCAR

Newman gets win in wild finish

Ryan Newman needed help and was running out of time. Finally, Clint Bowyer provided an opening with two laps to go at Martinsville Speedway in Virginia.

Bowyer's aggressive move took out race leaders Jeff Gordon and Jimmie Johnson entering the first turn, allowing Newman to slide into the lead, and he held off A.J. Allmendinger and Dale Earnhardt Jr. on another restart for his first win in 23 races.

"Clint kind of cleared out Turn One for us and we were fortunate enough to be in the right place at the right time," Newman said.

THE ASSOCIATED PRESS



Ryan Nugent-Hopkins, left, and Jordan Eberle, centre, congratulate Teemu Hartikainen on one of his two goals Sunday in Anaheim, Calif.

CHRISTINE COTTER/THE ASSOCIATED PRESS

# Breakout game for Hartikainen in win

**NHL.** Winger shines playing against his 'idol' Teemu Selanne as Oilers beat Ducks 2-1

All three goals in the game were scored by a guy from Finland named Teemu. Fortunately, for the Edmonton Oilers, two of them came from Teemu Hartikainen.

The 21-year-old left wing scored his first two goals of the season early in the opening period, Devan Dubnyk made 32 saves and the Oilers beat Anaheim 2-1 on Sunday night to spoil the Ducks' home finale — and what night have been the final home game for Teemu Selanne in the NHL.

"He was the biggest hock-

ey player when I was growing up," Hartikainen said. "He was kind of my idol. Being on the ice at the same time in the faceoffs tonight, it was a great opportunity."

Selanne isn't expected to announce whether he will return for a 20th NHL season until sometime in July, when he and his family return to Southern California from a 10-week stay in Finland. If he returns, he would become the 54th non-goaltender to play at least part of 20 NHL campaigns.

"Obviously, I'm going to have another tough decision to make again, but I don't really know what's going to happen," Selanne said. "I'm going to stick with my plan, take some time off and see how I feel."

Selanne, who turns 42

on July 3, leads Anaheim with 65 points. Earlier in the week, he became the second-oldest player behind Gordie Howe to score 25 goals in a season. But despite his efforts, the Ducks won't be back in the playoffs this year.

"It's pretty sad that we're not making the post-season, but there's a reason for that," Selanne said. "The first half was just bad that we couldn't climb back into the playoff race. We always did before, but this time we ran out of gas."

Coach Bruce Boudreau bristled when asked what Selanne leading the team in points at age 41 says about himself — and about the team.

"What are you saying — that the team's not that good

Rookie sensation

- Edmonton centre Ryan Nugent-Hopkins earned his 51st point of the season with an assist on Hartikainen's second goal and is tied with Colorado's Gabriel Landeskog for NHL lead among rookies, one ahead of New Jersey's Adam Henrique.
- No Oilers player has ever won the Calder Trophy as rookie of the year.

because an older guy led us in scoring? It means that Teemu's great. That's what it means," Boudreau snapped.

THE ASSOCIATED PRESS

## SPORTS

Oilers preview

**Edmonton at Los Angeles 8:30 p.m. (Sportsnet West)**

The Oilers (32-38-9) visit the Los Angeles Kings (39-27-13), who defeated Edmonton 4-1 on Friday. The Kings are tied for the Pacific Division lead after losing 4-3 to Minnesota in a shootout on Saturday. Anze Kopitar had three assists in the loss and has seven points in his last three games. Jonathan Quick was 9-3-0 in March with two shutouts and a 1.90 goals-against average.

THE CANADIAN PRESS

On the web



The Canadian women's hockey team is looking to reclaim gold-medal glory in Vermont this week at the world hockey championship after a heartbreaking overtime loss to the U.S. in last year's final in Zurich. The roster, named Sunday, includes 13 players from the 2010 Olympic team that defeated the Americans 2-0 for gold in Vancouver. Scan the code for the story.



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	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-NY Rangers	79	50	22	2	28	175	107	77-11-0-2	23-11-2-3	6-4-0-0	L1	
dx-Boston	79	47	28	1	3	259	193	98	23-13-2-2	24-15-1-0	7-2-0-1	W2
dx-Florida	79	37	25	6	11	193	217	91	20-9-1-9	17-16-5-2	4-2-1-3	L3
x-Pittsburgh	79	48	25	3	3	268	214	102	27-10-2-0	21-15-1-3	5-4-1-0	L1
x-Philadelphia	79	46	24	2	7	257	222	101	21-12-2-5	25-12-2-2	6-2-0-2	W1
x-New Jersey	79	45	28	2	4	219	205	96	22-13-0-4	23-15-2-0	5-4-0-1	W3
x-Ottawa	79	41	28	6	4	245	231	92	20-15-2-2	21-13-4-2	5-3-0-2	W4
Washington	79	40	31	4	4	212	223	88	25-11-2-2	15-20-2-2	5-3-1-1	W2
Buffalo	79	38	31	4	6	208	219	86	20-12-3-2	18-19-1-1	6-2-0-2	L2
Winnipeg	79	36	34	5	4	213	233	81	23-13-3-3	13-21-4-1	4-5-1-0	L1
Tampa Bay	78	36	35	4	3	223	268	79	24-14-1-1	12-21-3-2	5-5-0-0	W1
Carolina	79	31	32	10	6	208	237	78	19-14-2-5	12-18-1-0	5-5-0-0	L2
Toronto	79	34	36	4	5	222	252	77	17-16-3-4	17-20-1-1	4-5-0-1	W1
NY Islanders	79	33	35	7	4	194	241	77	16-18-2-7	17-17-3-2	6-3-0-1	L2
Montreal	79	29	35	4	11	202	221	73	14-15-2-8	15-20-2-3	2-3-2-3	L4

**WESTERN CONFERENCE**

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
y-Vancouver	79	49	21	2	7	239	191	107	25-10-0-4	24-11-3-2	7-2-1-0	W6
dx-St. Louis	79	48	21	1	9	204	156	106	30-5-1-3	18-16-0-6	4-3-0-3	L2
d-Los Angeles	79	39	27	5	8	170	191	91	21-14-4-0	18-13-5-4	8-2-0-0	L1
x-Detroit	79	47	27	3	2	242	190	99	31-6-1	16-21-2-1	3-5-2-0	W1
x-Nashville	79	45	26	3	5	227	208	98	24-10-3	21-16-1-2	4-5-0-1	L1
x-Chicago	80	44	26	4	6	244	234	98	27-8-15	17-18-3-1	7-1-0-2	L1
Phoenix	79	39	27	3	10	206	202	91	21-13-2-4	18-14-1-6	5-2-0-3	W2
San Jose	79	40	29	5	5	214	201	90	25-12-1-1	15-17-3-4	6-4-0-0	W1
Dallas	79	42	32	1	4	207	212	89	22-14-0-3	20-18-1-1	4-6-0-0	L2
Colorado	80	41	33	4	2	205	209	88	22-15-1-1	19-18-3-1	5-3-1-1	W1
Calgary	80	35	29	7	9	194	222	86	21-12-5	14-17-6-4	2-3-3-2	L3
Minnesota	79	34	35	2	8	173	219	78	19-16-3	15-19-1-5	5-5-0-0	W3
Anaheim	79	33	35	5	6	195	219	77	21-18-0-2	12-17-3-4	4-5-1-0	L2
Edmonton	79	32	38	3	6	210	231	73	18-17-3	14-21-1-3	6-2-1-1	W1
Columbus	79	27	45	2	5	190	255	61	16-21-2-1	11-24-1-3	5-5-0-0	W3

X – clinched playoff berth; d – division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

**Yesterday's results**

Edmonton 2 Anaheim 1  
Ottawa 5 N.Y. Islanders 1  
Minnesota 5 Chicago 4 (SO)

Philadelphia 6 Pittsburgh 4  
Detroit 2 Florida 1 (SO)  
Boston 2 N.Y. Rangers 1

**Saturday's results**

Toronto 4 Buffalo 3  
Vancouver 3 Calgary 2 (OT)  
Ottawa 4 Philadelphia 3 (SO)

Tampa Bay 3 Winnipeg 2 (OT)  
Washington 3 Montreal 2 (SO)  
Boston 6 N.Y. Islanders 3

New Jersey 5 Carolina 0

Chicago 5 Nashville 4

Columbus 5 St. Louis 2

Minnesota 4 Los Angeles 3 (SO)

Phoenix 4 Anaheim 0

San Jose 3 Dallas 0

**Tonight's games****All times Eastern**

Washington at Tampa Bay, 7 p.m.  
Edmonton at Los Angeles, 10:30 p.m.

**Tomorrow's games**

Toronto at Buffalo, 7 p.m.

N.Y. Islanders at New Jersey, 7 p.m.

N.Y. Rangers at Philadelphia, 7 p.m.

Pittsburgh at Boston, 7:30 p.m.

Carolina at Ottawa, 7:30 p.m.

Winnipeg at Florida, 7:30 p.m.

Minnesota at Nashville, 8 p.m.

San Jose at Dallas, 8:30 p.m.

Anaheim at Vancouver, 10 p.m.

Columbus at Phoenix, 10 p.m.

**SENATORS 5, ISLANDERS 1**

**First Period**  
1. N.Y. Islanders, Streit 7 (Tavares, Moulson) 5:09  
2. Ottawa, Turris 11 (Michalek, Gonchar) 16:40  
**Penalties** – Cowen Ott (illegal check to head minor) 2:10; Neil Tully (NYI fighting) 8:26; Michalek Ott (holding) 9:32.

**Second Period**  
3. Ottawa, Gonchar 5 (Michalek, Turris) 3:09 (pp)  
4. Ottawa, Michalek 35 (Turris, Butler) 6:00  
5. Ottawa, Foligno 15 (Winchester, Greening) 13:21  
**Penalties** – Tavares NYI (hooking) 1:50; Bailey NYI (slashing) 19:14.

**Third Period**  
6. Ottawa, Turris 12 (Foligno, Karlsson) 7:00 (pp)  
**Penalties** – Hally NYI (roughing) 5:13; Gonchar Ott (interference) 17:24.  
**Shots on goal**  
Ottawa 13 10 9 32  
N.Y. Islanders 9 9 12 30  
**Goal** – Ottawa: Anderson (W,33-20-6); N.Y. Islanders: Montoya (L,8-9-5). **Power plays** (goals-chances) – Ottawa: 2-3; NYI: 0-3. Att. – 14,210 (16,234) at N.Y. Islanders.

**SCORING LEADERS**

	G	A	PT
Malkin, Pjh	48	54	102
Stamkos, TB	56	36	92
Giroux, Pha	27	59	86
Spezza, Ott	32	50	82
Kovalchuk, NJ	34	46	80
Neal, Pjh	38	41	79
Kessel, Tor	37	41	78
H.Sedin, Vr	13	65	78
Tavares, NYI	31	46	77
Karlsson, Ott	19	58	77
Hossa, Chi	29	47	76
R.Ahrenreich, Phx	24	51	75
Eberle, Edm	33	41	74

**Yesterday's games not included**

**TELEVISION****ATP-WTA**

**SONY ERICSSON OPEN**  
At Key Biscayne, Fla.  
**Yesterday's result**  
**Men's Singles – Final**

Novak Djokovic (1), Serbia, def. Andy Murray (4), Britain, 6-7 (6-5).

**Saturday's results**

**Women's Singles – Final**

Agnieszka Radwanska (5), Poland, def. Maria Sharapova (2), Russia, 7-5, 6-4.

**Men's Doubles – Final**

Leander Paes, India, & Radek Stepanek (7), Czech Rep., def. Max Mirnyi, Belarus, & Daniel Nestor (2), Toronto, 3-6, 10-8 tiebreak.

**FIGURE SKATING**

**WORLD CHAMPIONSHIPS**

At Nice, France

**Saturday's results**

**MEN**

1. Patrick Chan, Toronto, 176.70 points.

2. Yuzuru Hanyu, Japan, 173.99.

3. Daisuke Takahashi, Japan, 173.94.

**Also**

13. Kevin Reynolds, Coquitlam, B.C., 144.25.

**Final Standings**

1. Patrick Chan, Toronto, 266.11 points.

2. Daisuke Takahashi, Japan, 259.66.

3. Yuzuru Hanyu, Japan, 251.06.

**WOMEN**

1. Carolina Kostner, Italy, 128.94 points.

2. Akiko Suzuki, Japan, 121.30.

3. Ashley Wagner, United States, 120.35.

**Also**

16. Amelie Lacoste, Delson, Que., 138.60.

**Final Standings**

1. Carolina Kostner, Italy, 189.94.

2. Alena Leonova, Russia, 184.28.

3. Akiko Suzuki, Japan, 180.68.

**CURLING**

**MEN'S WORLD CHAMPIONSHIP**

At Basel, Switzerland

**ROUND-ROBIN STANDINGS**

Country (skip)	W	L
Canada (G.Howard)	3	0
Sweden (Edin)	3	0
China (Liú)	2	1
Denmark (Stjerne)	2	1
France (Dufour)	2	1
Scotland (Brewster)	2	1
Czech Rep. (J.Snítil)	1	2
Germany (Jahr)	1	2
New Zealand (de Boer)	1	2
Norway (Ulsrud)	1	2
Switzerland (Mueller)	0	3
U.S. (McCormick)	0	3

**Yesterday's results**

Third Draw

Canada 9 Germany 2

France 8 U.S. 6

**Fourth Draw**

Czech Republic 5 Switzerland 3

Denmark 9 Scotland 7

New Zealand 7 Norway 4

Sweden 7 China 6

Fifth Draw

Canada 8 U.S. 7

France 6 Germany 5

China 7 Switzerland 4

Sweden 8 Czech Republic

**Yesterday's game**

Third Draw

Canada 20 Germany 2

France 8 U.S. 6

**Thursday's game**

New England at Dallas, 8:30 p.m.

**Saturday, April 7**

Toronto at Montreal, 12 p.m.

New York at Columbus, 3 p.m.

Los Angeles at Kansas City, 4 p.m.

Vancouver at San Jose, 7 p.m.

Seattle at D.C. United, 7:30 p.m.

Colorado at Real Salt Lake, 9 p.m.

Chivas USA at Portland, 10:30 p.m.

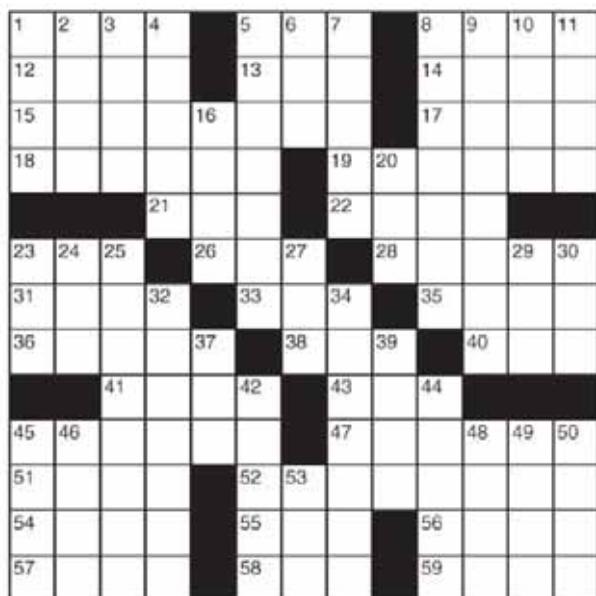
**Today's game**

All times Eastern

N.Y. Mets vs. Atlanta at Kissimmee, Fla., noon

Crossword

**Across**  
1 Air pollution  
5 Shade provider  
8 Mid-month date  
12 Staffer  
13 Grass-skirt accessory  
14 Castle protector  
15 Likely loser  
17 Taj Mahal city  
18 Rent payer  
19 Much  
21 Listener  
22 Small combo  
23 Mrs. O'Leary's troublemaker  
26 Thickness  
28 Coach Rockne  
31 Quid pro quo  
33 "Undeniably"  
35 Birthright  
barterer  
36 Prelude  
38 Spigot  
40 Blunder  
41 Cornfield commentaries  
43 Be a couch potato  
45 For some time  
47 Eagles' nests  
51 Auction offers  
52 Li'l Abner's hometown  
54 Lotion additive  
55 Before  
56 Antitoxins  
57 Pleads  
58 Scarlet  
59 Cockily confident



song  
9 Place of disfavor  
10 "My Name Is —"  
11 Remain  
16 Harvest  
20 Annoy  
23 Marg Helgenberger series  
24 "My — Private Idaho"  
25 Guardian  
27 Nevertheless  
29 Pitch  
30 A cont.  
32 Lauds  
34 Attacked brutally  
37 Pussycat's partner  
39 Incubator noise

42 Passover dinner  
44 Lawn  
45 Quatraine rhyme scheme  
46 — E. Coyote  
48 Particular  
49 Beige  
50 Rug type  
53 Raw rock

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Friday's answer

A	P	T	Y	O	L	K	K	O	K	K
L	E	E	A	C	A	I	A	R	I	A
P	L	A	N	K	T	O	N	R	E	L
S	T	R	I	K	E	G	M			
S	P	E	N	D	J	I	M	E	R	E
H	A	Z	Y	C	O	N	C	R	E	E
O	U	R	P	A	Y	P	R	O	W	L
P	L	A	N	E	T	S	H	E		
U	E	S	P	U	S	N	E	S	T	L
R	O	E	A	R	O	L	A	V		
N	U	K	E	W	I	L	C	R	Y	



Horoscope

**Aries | March 21 - April 20.**

You don't have to make a big display of your emotions.

**Taurus | April 21 - May 21.**

You must not allow other people, no matter how well meaning, to poke their noses into your affairs.

**Gemini | May 22 - June 20.**

You may not have got as far with something as you would have liked over the past few weeks but the important thing is that you have made a start.

**Cancer | June 21 - July 22.**

If you spend too much time weighing up the pros and cons of an offer today someone of a more instinctive nature could beat you to a prize that should have been yours.

**Leo | July 23 - Aug. 22.**

A minor battle may hardly seem worth the effort today but it's good practice because soon you will have to fight for something a lot more important.

**Virgo | Aug. 23 - Sept. 22.**

Don't dwell on the past today or you could miss out on a wonderful future.

**Libra | Sept. 23 - Oct. 22.**

Your rivals and enemies are not as tough as they look.

**Scorpio | Oct. 23 - Nov. 21.**

Don't let other people drag you down with their negative attitudes today.

**Sagittarius | Nov. 22 - Dec. 21.**

According to the planets a friend or relative has something

important to reveal, but they may be reluctant to bring up the subject. Be patient and encourage them to tell what they know.

**Capricorn | Dec. 22 - Jan. 20.**

You like a challenge but that is no reason to make life hard for yourself.

**Aquarius | Jan. 21 - Feb. 18.**

Don't concern yourself too much with what other people say or do today. Put on your smiley face and don't let anyone or anything get you down.

**Pisces | Feb. 19 - March 20.**

A little bit of humour will go a long way today, especially if you have been too serious of late.

SALLY BROMPTON

## NEED COOL DESIGN TIPS?

Read metrohome every Thursday.

Sudoku

9				7	4	1	3
3	7				8		
			3	6	4		
3					5		
		2		9			
5					6		
6	1	4			7	8	
1					5		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer

9	4	5	8	6	1	2	3	7
3	2	8	7	6	9	1	6	4
7	1	6	3	2	4	8	9	5
1	6	9	4	7	2	5	8	3
4	3	2	5	9	8	6	7	1
5	8	7	1	3	6	9	4	2
6	5	1	9	4	3	7	2	6
6	8	3	2	1	7	4	5	8
2	7	4	6	8	5	3	1	9

Weather

MONDAY



MAX: 7°  
MIN: -3°

TUESDAY



MAX: 10°  
MIN: 1°

WEDNESDAY



MAX: 8°  
MIN: -1°



Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



## Caption Contest

"Are you sure you don't want me to use a nail clipper?"

Erica

FRANK AUGSTEIN/THE ASSOCIATED PRESS

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or Email: [at6@ualberta.ca](mailto:at6@ualberta.ca)



Send a kiss

- Sadiki.** I hope you get this message soon because i want everyone to know how much i love you and how i would be lost without you. You are my handsome prince. You understand me better than anyone and you challenge me each day to be a better person. We have been through so much together, but we have only become stronger. I know this year will be better. I love you more than anything with all my heart and soul. Your Cougarlizzy
- Jonathan.** You've made falling in love with you easy, I look forward to continuing our story! Love, your Juliet xo

You are stronger than you think. You have the power to make me weak. How do you do it? confused beshtie!

**MICHELE McDougall**  
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 5:30 AM



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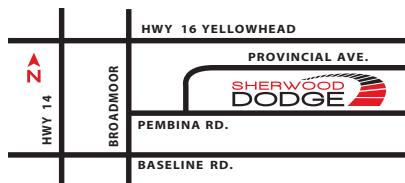
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	2010 DODGE NITRO SXT 4X4	2008 SATURN ASTRA XR	2008 CHRYSLER TOWN & COUNTRY LIMITED	2010 MITSUBISHI LANCER SE	2009 DODGE CALIBER SXT	2007 PONTIAC TORRENT V6 AWD	
Alan Wack							Shawn Alexander
	#P3163	#R15792A, 3 DOOR	#EL3167, LOADED.	#R18990A	#P48829A	#P3065A	
Mike Redmond	<b>\$24,720</b>	<b>\$8,980</b>	<b>\$23,860</b>	<b>\$18,860</b>	<b>\$11,860</b>	<b>\$13,860</b>	Ron Blonar
	2011 NISSAN ROGUE SL AWD	2012 DODGE RAM 1500 SLT CREW CAB 4X4	2011 JEEP COMPASS 4X4 NORTH	2003 TOYOTA SEQUOIA LTD	2005 DODGE RAM SRT-10 QUAD CAB (VIPER ENGINE) AUTO	2011 DODGE GRAND CARAVAN SE	
Kevin Knoske	#EN3161	#EN3130	#EN3147	#2B12958A	#2B18588A	#EN3134	Andrew Stennett
	2012 JEEP GRAND CHEROKEE LAREDO V6	2012 DODGE AVENGER SXT (AUTO)	2009 MITSUBISHI GALANT ES (LOADED)	2010 HYUNDAI SANTA FE GL AWD V6	2011 DODGE RAM 1500 SLT CREW	2009 HONDA RIDGELINE VP CREW CAB	
Mark Maguire							Barry Frauenfeld
	#EN3165	#EN3153	#2R16728A	#P3143	#EN3090	#R12720A	
Mark Reimann	<b>\$36,860</b>	<b>\$20,220</b>	<b>\$14,340</b>	<b>\$25,640</b>	<b>\$27,860</b>	<b>\$28,640</b>	George Lakusta
	2005 DODGE DAKOTA SLT 2WD V8	2008 PONTIAC G6 SE V6 (AUTO)	2012 KIA SORENTO LX AWD V6	2009 CHEVROLET UPLANDER LS V6 (7 PASS) LOW KMS	2007 DODGE SPRINTER 2500 RAISED ROOF EXT	2009 LINCOLM MKX LIMITED (LOADED)	
Eddie Yehia	#R12732A	#1250575A	#2R12794A	#GC8527A	#2T43410C	#R13356A	Shane Hughes
	#R12732A	#1250575A	#2R12794A	#GC8527A	#2T43410C	#R13356A	
Jesse Halladay	<b>\$10,740</b>	<b>\$12,740</b>	<b>\$30,860</b>	<b>\$13,860</b>	<b>\$34,620</b>	<b>\$33,660</b>	Byron Cherry
	2005 DODGE RAM SRT10 QUAD #R18588A	2007 TOYOTA FJ CRUISER LIFT #R34926A	2009 HONDA RIDGELINE EX-L #R12720A	2009 LINCOLN MXK LTD #R13356A			
Brad McDonald	2008 FORD FOCUS SES COUPE #2AV3794A, LEATHER/SUNROOF, \$11,840.00	2011 BMW 323i #R19090A	2010 HONDA CIVIC LX #R17364A	2010 CHEVROLET CAMARO SS #R13701A, 6.2L/6 SPEED, ONLY 4,600KMS, \$34,870.00	Karen Schroeder		
	2008 FORD F-350 HARLEY DAVIDSON #R17549A	2007 JEEP WRANGLER 2 DR. WRANGLER SAHARA #EL3149	2008 JEEP WRANGLER UNLIMITED SAHARA #T47954A	2011 FORD EXPEDITION XLT 4X4 #EN3145, LEATHER/SUNROOF, \$37,860.00			

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**SALES HOURS:**  
Mon Thurs. 9am 9pm;  
Fri. 9am-6pm; Sat. 9am-2pm;  
Sun. CLOSED